
“Manage your emotions or they *will* manage you”
EQ WITH LOU
For Caregivers
https://eqwithlou.blog/

5 NEUROSCIENCE BENEFITS OF REST

01 Rest optimizes Function

True rest allows for short term memory to be converted to long term memory.

02 Rest is cleansing

During periods of rest, the brain flushes out toxins. (i.e. like the beta-amyloid protein linked to Alzheimer's disease)

03 Rest = Improved Emotional Health

While awake & NOT working, the default mode network (DMN) allows the brain to process emotions and reflect

04 Rest Regulates the brain

Disciplined rest allows for parts of your brain to relax including the amygdala and the prefrontal cortex (involved in emotional regulation)

05 Rest is a protectant

Rest increases levels of brain-derived neurotrophic factor (BDNF) which is a protein essential for neuroplasticity, memory, and resilience to stress

More Information
www.eqwithlou.blog

Contact me Via Email
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Priority Assessment

Name:

PSALM 90:12
TEACH US TO NUMBER OUR DAYS THAT WE MIGHT GAIN A HEART OF WISDOM

Date:

Directions: Consider the following prompts with an honest & open approach.
This worksheet aims to help you better understand your heart's devotion.

Start here by listing <u>where</u> your priority is & where you want it to be.
Second only to love, time is our most valuable currency & demonstrates value location.

Choose what you say "No" to in order to say "Yes"

Things that do NOT serve my "Yes":

→

Things to say "No" to:

Things to say "Yes" to

→

What Is Your Priority

Say "No" so you can say "Yes".

In here, consider *what* purpose your "Yes" is serving

Your Purpose

Who is your purpose serving?

Their Purpose

Restate your priority and write an action item to achieve your goal.

Purpose

Value Determined

Time Checklist

Use the boxes below to consider time usage

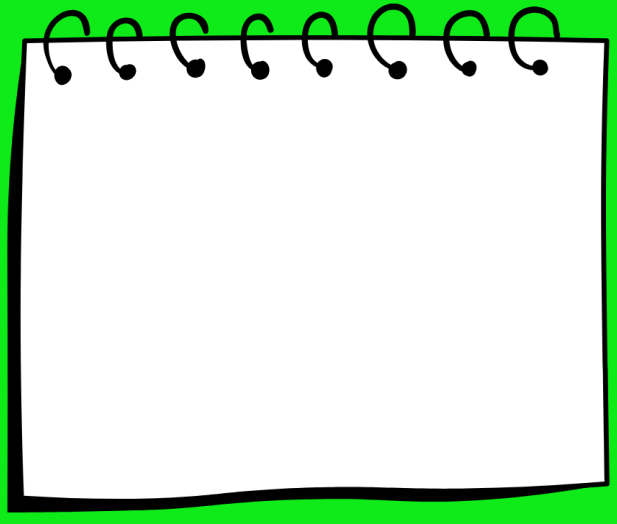
- ☐ Personal time (Self, Family, Friends)
- ☐ Professional time (work, training, etc)
- ☐ Time Expectations on you by you & others.
- ☐ Sleep (rest)
- ☐ Leisure time (hobbies, social media, outdoors/indoors

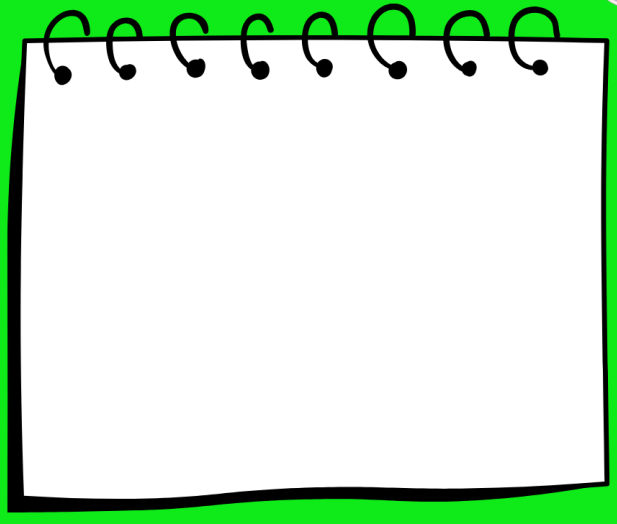
Have you considered?

Some of the most common values others have placed on their time

- **God**
- **Family**
- **Work**
- **Home**
- **Social**
- **Prep Work (looking for next)**
- **Cleaning**

Additional Thoughts





Notes

Date Committed:

QUIZ: ARE YOU EXPERIENCING

EMOTIONAL OVERLOAD?



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ANSWER HONESTLY- YES OR NO!

1. I feel drained even after a full night's sleep.

2. I get irritated over small things I'd normally brush off.

3. I've been forgetting simple tasks or struggling to focus

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You got this!

4. My body feels tense (tight shoulders, headaches, upset stomach)

5. I've been avoiding people, calls, or texts

6. I use food, scrolling, or TV to numb my feelings

Almost there!
Keep going!

7 I feel guilty for saying "no" (or I never say it at all)

8 My emotions swing quickly from fine → overwhelmed

Results: Next Page

RESULTS:

5/5

0-2 Yes → You're handling stress fairly well, but check in with yourself!

3-5 Yes → Your emotional tank is running low-

Great job!
Now that you know
where you are,
let's be intentional about
REST so you can live your BEST life!
Dr. Lou



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Why Rest

Rest used to be something I thought was only for a select few (& I was not in that group). I just knew I'd have to work hard all my life and rest was a luxury. I grew up with a false sense of value based on performance orientation (or what I did or how well I did it). I've since learned in the pause, that clarity is heard much better without the chaos.



Crystal Lou

EQwithLou Founder

Supporting the Caregivers

Emotional & Spiritual Tools for
Families Living with Autism

EqWithLou
Crystal Lou Wood, DNP, PMHNP-BC

Why Rest is Needed

- Autism impacts the entire family system
- Caregivers often receive the least support
- Regulation begins with the adult nervous system

Caregivers Often Experience...

- Chronic stress and burnout
- Guilt and comparison
- Isolation and misunderstanding
- Fear about the future

It's Hard for EVERYONE

- Be Truth & Trauma-informed
- Faith-anchored WITHOUT pressure
- Connection before correction
- Truth replaces shame

When Caregivers Are Not Rested...

- Increased stress affects family connection
- Dysregulation spreads quickly in crisis
- Support must address emotional load

This Space Matters Because...

- Helps caregivers pause during overwhelm
- Grounding tools for real-life moments
- Reframes guilt with truth
- Designed for real-life application

Emotional Regulation for the Caregiver

1. Stop and breathe
2. Regulate before responding
3. Choose connection
4. Release perfection

Benefits of Community

- Shared understanding reduces isolation
- Connection strengthens resilience
- You were never meant to do this alone

Resources Coming soon...

Visit: www.eqwithlou.blog

- Nervous system regulation practices
- Language swaps to reduce shame
- Visual emotional check-ins
- Flexible across environments

Check Point

- What feels heavy right now?
- Where do you need permission to pause?
- What truth do you need today?

A Truth

- You are learning
  - Implies room to grow
- You are responding from love
  - NOT reacting from feelings
- You are seen
  - Even when you're alone; you're still connected



But WAIT, there's MORE

- Scan the QR code
- Download and save
- Review at your own pace

And SHARE!

What Now

- Join the EqWithLou community
- Receive ongoing emotional support
- Future resources for caregivers

Final Note

- Care for yourself as faithfully as you care for your child.
- Pouring from tired, exhausted postures is not an expectation.
- Support IS sustainable.

Any Questions